Basic Home Exercise Program for Beginners

Disclaimer

• Not all exercises are suitable for everyone and this or any other exercise programs may result in injury. PLEASE ALWAYS consult your DOCTOR before beginning this or any other exercise programs, especially if you have any chronic or recurring condition, and/or if you are pregnant, nursing, or elderly. This exercise program is NOT recommended if you experience chest pains or have uncontrolled blood pressure or other uncontrolled chronic diseases.

• By performing any of the exercises in this program, you assume ALL risks of injury from doing so. The Coach (Tanvir Hasan) or 10 Minute School is NOT responsible or liable for any injury or loss you may sustain by participating in this exercise program.

• ALWAYS warm up before beginning any workout and NEVER exercise beyond the level at which you feel comfortable.

• PLEASE stop exercising immediately if you experience pain, soreness, fatigue, shortness of breath, dizziness, lightheadedness, blurred vision, headache, nausea, sickness, illness, dehydration, excessive sweating, or any other discomfort. If any of these symptoms persists after you stop exercising, please seek medical help immediately.

• This exercise program and the class tutorials and instructions provided in this program are NOT intended, and should NOT be used, as a substitute for professional medical advice, diagnosis or treatment.

• The Coach (Tanvir Hasan) or 10 Minute School makes NO representation or warranty, whether expressed or implied, with respect to the safety, usefulness, or the result of this exercise program.

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The best workout is the one that you actually stick with, and people make things FAR too complicated and try to target dozens of different individual muscles with six types of exercises for each body part.
It's exhausting, unnecessary, inefficient, and intimidating.
So keep it simple!
We're going to pick some simple exercises and get really strong with those movements.
The reason we are doing this is that we want to build a lifestyle with good healthy habits that sustains over the long run.

Few General Guidance

- Unless you've been training for years and know what you're doing, I recommend that you pick a full-body routine that you can do 2-3 times a week as a beginner.
- You need to exercise safely. Studies of fitness-related injuries demonstrate that, they most frequently result from overexertion/undue stress placed on the body, a medical event (i.e., heart attack, syncope), slips/trips/falls, dropping/bumping into equipment, and equipment misuse. More on injury prevention at the end of this guide.
- This is just a general workout routine. Everyone's body is different. So, this routine might not be suitable for everyone. Some people need to modify a few exercises or the whole routine to get a good result. So, don't be frustrated if you can't perform some of the exercises or if they are not bringing you any results. Consult a fitness coach or a trainer to get a customized workout program.
- If you are feeling any kind of sharp pain in your body while doing the exercises and having issues with breathing, immediately stop the exercise and call your doctor. This is one of the safest exercise routines on earth, but sometimes due to various conditions our body is not prepared for that every day.

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Workout Terminology

- Rep:/ Repetitions: One performance of a single exercise.
- Set: Number of repetitions performed without stopping.
- Superset – Combined exercises. It means you will do the 1st set of the first exercise and without rest, start the 1st set of the second one. Basically, you will perform 2 exercises without resting.
- HIIT – High-Intensity Interval Training. This is a form of interval training exercise in which individuals alternate periods of short, intense, non-oxidative exercise at maximum effort with less intense recovery periods. HIIT is a form of cardiovascular exercise. Usual HIIT sessions may vary from 4–30 minutes. These short, intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning. We will incorporate the HIIT methodology in both our training and cardio programs.

Exercise Program 1

*This is only a 3-day workout program (you'll find all the exercise instructions in the EXERCISE LIBRARY module).

*On the day you are not working out, you can walk/run/be active for half an hour.

*You can walk/run on the workout days too if you want.

Day-1 (Saturday)

1. Warmup Session.
2. Cat- Camel: 2-3 sets x 10 reps. 30 sec rests between sets if it's needed.
3. Bird Dog: 2-3 sets x 10 reps. 30 sec rests between sets if it's needed.
4. Glute Bridge: 2-3sets x 15reps. 30 sec rests between sets if it's needed.
5. Push-up/ Incline Push-up: 5 sets x 5 reps. 60 sec rest in between sets.
6. Air Squats: 3-4 sets x 15reps. 60 sec rest in between sets.
7. Body Weight Row: 3 sets x 10-12 reps. 60 sec rest in between sets.

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8. Bodyweight Calf Raises: 3 sets x 15-20 reps. 45-60 sec rest in between sets.
9. Modified Hollow Body Hold: 3 sets x 30 sec. 30 sec rest in between sets.
10. Side Plank : 2-3 sets x 30 sec (both sides). 30 sec rest in between sets.
11. Superman Plank: 2-3 sets x 30 sec. 30 sec rest in between sets.
12. Cool Down Session.

Day 2 (Sunday)

Running/ Walking: 20mins- 30 mins.

Day-3 (Monday)

1. Warmup Session.
2. Cat- Camel: 2-3 sets x 10 reps. 30 sec rest between sets if it's needed.
3. Bird Dog: 2-3 sets x 10 reps. 30 sec rests between sets if it's needed.
4. Glute Bridge: 2-3sets x 15reps. 30 sec rest between sets if it's needed.
5. Pull-ups/ Chin-ups (if you have a pull-up bar access): 5 sets x 5 reps.

60-sec rest in between sets.
Or
Bodyweight Row: 3 sets x 10-12 reps. 60 sec rest in between sets.

6. Static Lunges: 3 sets x 10-12 reps. 60 sec rest in between sets.
7. Bodyweight Calf Raises: 3 sets x 15-20 reps. 45-60 sec rest in between sets.
8. Modified Hollow Body Hold: 3 sets x 30 sec. 30 sec rest in between sets.
9. Side Plank : 2-3sets x 30 sec (both sides). 30 sec rest in between sets.
10. Superman Plank: 2-3 sets x 30 sec. 30 sec rest in between sets.
11. Cool Down Session.

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Day 4 (Tuesday)

Running/ Walking: 20mins- 30 mins.

Day-5 (Wednesday)

1. Warmup Session
2. Cat- Camel: 2-3 sets x 10 reps. 30 sec rest between sets if it's needed.
3. Bird Dog: 2-3 sets x 10 reps. 30 sec rest between sets if it's needed.
4. Glute Bridge: 2-3sets x 15reps. 30 sec rest between sets if it's needed.
5. Pike Push-up: 5 sets x 5 reps. 60 sec rest in between sets.
   Or
   Push-up/ Incline Push-up: 5 sets x 5 reps. 60 sec rest in between sets.
6. Air Squats: 3 sets x 12-15reps. 60 sec rest in between sets.
7. Bodyweight Row: 3 sets x 10-12 reps. 60 sec rest in between sets.
8. Static Lunges: 3 sets x 10-12 reps. 60 sec rest in between sets.
9. Modified Hollow Body Hold: 3 sets x 30 sec. 30 sec rest in between sets.
10. Side Plank : 2-3sets x 30 sec (both sides). 30 sec rest in between sets.
11. Superman Plank: 2-3 sets x 30 sec. 30 sec rest in between sets.
12. Cool Down Session.

Day-6 (Thursday)

Running/ Walking: 20mins- 30 mins.

Day-7 (Friday)

Off Day/ Recovery Day.

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Exercise Program # 2

10 Mins Full Body Training
You can see a demonstration of this workout in your exercise library.

Note 1: Always do the WARMUP SESSION before doing this exercise routine. And if you have time, do the COOL DOWN session after the routine.

Note 2: You can repeat as many times as possible with any combination of exercises you want. While combining exercises, just don't do the same muscle group exercises with another. Like, don't put 2 upper body exercises or 2 lower body exercises together. Take one from the upper body, take another from the lower body or core exercises.

Note: 3: You can do this routine 3-4 times a week.

Air squat- 20 sec
Hollow body hold- 20 sec
Rest- 20 sec

Push-up/ Incline push-up 20 sec
Superman plank- 20 sec
Rest- 20 sec

Lunges- 20 sec
Bodyweight row with a towel- 20 sec
Rest- 20 sec

Pike hold- 20 sec
Calves raise- 20 sec
Rest- 20 sec

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Side plank (left side)- 20 sec
Side plank (right side)- 20 sec
Rest- 20 sec

Push-up/ incline push-up- 20 sec
Bird dog- 20 sec
Rest- 20 sec

Air squat- 20 sec
Cat-camel- 20 sec
Rest- 20 sec

Pike hold- 20 sec
Glute bridge- 20 sec
Rest- 20 sec

Bodyweight row with a towel- 20 sec
Lunges- 20 sec
Rest- 20 sec

Side plank (left side)- 20 sec
Side plank (right side)- 20 sec
Rest- 20 sec

= total 10 mins

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Tips to avoid injuries & work out safely while following these exercise routines:

Safe performance of exercise activities depends on a variety of factors such as: environmental conditions, equipment features, task difficulty, and physical characteristics of the performer. Your fitness instructors/trainers can't control the environments, equipment, and behaviors of remote users.

Please note that all of these exercises are safe to do if you follow the guidelines and maintain the proper form and become aware of your body. These are very basic exercises that anyone can do.

Note that this list is not exhaustive, and is not meant to prescribe what your instructors/trainers should do. Rather, it is meant to give some ideas to help you think about ways you can add value to your users' fitness experience:

Tips to avoid overexertion/undue physical stress/medical events

- Ease into a new workout, and don't overexert yourself.
- Stay fueled and hydrated.
- Warm up, cool down, and stretch properly, even if it's not included in the guided workout.
- Wear appropriate footwear (e.g., to provide sufficient cushioning while doing high impact workouts).
- Stop if you feel faint, dizzy, or experience pain.

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Tips to avoid falls and bumps

- Be present and pay attention to what you are doing.
- Make sure you have enough space and light to do your exercises without bumping into anything/anyone (and watch out for your pets or keep them out of the room!).
- Make sure the floor is clear of trip and slip hazards (e.g., kids' toys, towels on a hardwood floor, spilled water).
- Wear appropriate footwear (e.g., to avoid slipping).
- If you are using furniture for stability/a support surface (e.g., a chair):
  - Use furniture that is sturdy enough for your body weight so that it will not move or tip.
  - Check if it is of appropriate height/size for the exercise in order to minimize awkward/incorrect body position(s).

Tips to avoid equipment-related incidents

- Check the equipment before using, and do not use them if you see signs of wear or damage.
- If you are using resistance bands and need to attach them to an external surface, ensure the bands are tight and secure and will not come loose when pulled.
- If you use everyday household items in place of free weights make sure:
  - The item is of appropriate shape- something that is easy to hold on to for extended periods of time (e.g., water bottle, can of beans or soup).
  - The item isn't breakable or sharp. You don't want to use items that will increase your risk of injury.
- If you are using your own equipment at home, check for warning labels on the product and/or in the user's manual (if you have one), read them, and follow them.